



Cooking Together as a Family

Cook With Your Child!

It is important to let your child help with food preparation.

- Children are more willing to try new foods they help to prepare.
- Children feel good about doing something “grown up”.
- Your children will enjoy spending quality time with you.
- Children will develop creativity and self-confidence in the kitchen.
- Children think helping in the kitchen is fun!
- Children learn important skills – cooking, following directions, and more!

Get Them Involved!

Your child can do a lot to help in the kitchen.

Children can:

- Read the recipe out loud.
- Wash fruits and veggies.
- Tear lettuce for salads and sandwiches.
- Snap green beans and asparagus.
- Measure and add ingredients.
- Set the table.
- Pour milk and water to drink with the meal.

Take Action!

How many of the following ideas can you check off this week?

- Make a meal or snack with your child. Choose a family-favorite dish or visit www.eatsmart.umd.edu for a new, low-cost, easy and healthy recipe.
- Pack your child’s lunch together. Replace sugary treats with healthy foods. Include a handwritten note to your child.

Recipe

Pumpkin Parfait

Servings: 1

Ingredients:

- ½ cup low-fat vanilla yogurt
- 1 Tablespoon pumpkin, canned
- 1/2 teaspoon pumpkin pie spice

Directions:

1. Mix all ingredients together in a small bowl or medium sized cup.
2. Serve immediately or refrigerate.

Visit our blog: www.eatsmartmd.blogspot.com

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